

Memorandum



Capt. W. L. Elliott

Receives

On board

A. Ernest Mills

1923 - 24

John B. Elliott

Recipes.

Molasses Gingerbread.

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ " sugar

2. eggs.

$\frac{1}{2}$ cup molasses

$\frac{1}{2}$ " sour milk.

4 teaspoons ginger

2 " cinnamon

1 " soda.

$\frac{1}{4}$ " salt

2 cups flour.

cream butter add sugar
and well beaten eggs.

molasses and sour milk.

Mix and sift dry
ingredients and combine
with first mixture.

Bake in a moderate
oven.

Squash pie

1 cup squash, steamed &
sifted $\frac{1}{2}$ cup sugar $\frac{1}{2}$ teaspoon
salt $\frac{1}{4}$ teaspoon ginger
1 egg beaten. Add milk
enough to fill plate

Cranberry pie. XX

Half cranberries, put
them into a dish turn
faucet on them to remove
seed. Cover plate with a
rich pastry, put berries
all around the edge, cut
sides down, fill in with
rest of berries. Add 1 cup
of sugar sprinkle over
a tiny bit of salt and
a little flour. Put on top
crust and cook
slowly.

Pumpkin Pie.

Stew pumpkin until it is perfectly dry and of dark color, sift or put through potato masher.

Take 1 cup pumpkin $\frac{1}{2}$ cup sugar, 1 egg, salt, 1 teaspoon lemon essence, $\frac{1}{2}$ Teaspoon cinnamon, to which add enough hot milk to fill plate. Cook.

Nut Waffles.

Beat 2 eggs lightly. Add 3 tablespoons flour $\frac{1}{4}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon salt 1 cup chopped nut meats, $\frac{1}{2}$ cup brown sugar. A tasty cookie.

Cha Ming.

1 lb hamburger steak, 2 large
onions 1 tablespoon butter
1 cup cooked rice, 1 cup
cooked spaghetti, $\frac{1}{2}$ can
tomato $\frac{1}{2}$ cup celery, 2 eggs
Mix all together and
cook half hour slowly.

Pulled molasses Candy

2 cups molasses

2 .. sugar

2 .. boiling water

3 tbs butter

Salvatus.

Stir molasses, sugar, water
until sugar is dissolved.
Boil until bubble in cold
water. Add butter, salvatus
pour on buttered pan to
cool. When hard enough
pull until a very light yellow

Thanksgiving Rudding.

1 small loaf bread.
2 common crackers.

5 eggs

1 cup chopped pork.

1 " molasses.

2 " sugar.

1 lb raisins

1 teaspoon all kind spices.

2½ qts milk

Bake slowly add fruit
after it begins to thicken.

Sauce.

½ cup sugar 1 cup boiling
water, 1 tablespoon flour, 2
tablespoons butter & ½ tablespoon
lemon juice

Mix sugar & flour, add
water stirring constantly. Boil
5 minutes. Remove from fire
add butter and lemon.

Grape Fruit Marmalade.

2 grape fruit

4 oranges

2 lemons

Put through chopper, leaving out peel in the grape fruit. Measure this amount and put 3 times as much water. let stand over night. Next morning boil ten minutes let stand over night. Next morning add cup for cup sugar and boil for 2 or 3 hours. X

Tomato Bisque.

Heat 1 can. tomato soup.

and 1 can of milk in

separate dishes. When boiling add a pinch of soda to the tomato. Then add milk.

Lemon tarts.

Mix together the juice and
grated rind of 2 lemons.
2 cups sugar 2 eggs,
beat all together until
smooth. Add 1 cup bread
crumbs and beat again.
Bake in puff pans, lined
with puff paste until
crust is done.

Raisin and Nut bread.

Four cups flour, 4 teaspoons
baking powder, $\frac{3}{4}$ cup
sugar, 1 egg, a little salt,
1 cup raisins 1 cup nuts.
Mix with milk to thickness
of biscuits. Let rise half
hour before baking.

Bake 1 hour.

Pork Cake.

Put 1 lb salt pork through food chopper, pour over it 2 cups boiling coffee or water. Put 1 lb. raisins $\frac{1}{4}$ lb citron through chopper, add to pork with 1 cup currants and 2 cups brown sugar.

Stir 1 teaspoon soda into 1 cup molasses, sift in six cups flour and 2 teaspoons each of cloves and cinnamon 1 teaspoon salt. Add 1 more cup flour if necessary. Combine mixture and bake in four loaves in one pound bread pans.

Wrap in waxed paper & keep

Italian Walnut Cream.

Soak 1 heaping tablespoon
gelatine in $\frac{1}{2}$ cup cold
~~water~~^{milk} for ten minutes.

Scald $1\frac{1}{2}$ pints milk in
double boiler add $\frac{1}{2}$ cup
sugar. Pour this over
gelatine, stir well, and
let partly cool.

Mix 1 teaspoon almond or
vanilla extract and 1 cup
whipped cream, whip this
and ~~cream~~^{but} mixture together
well. Turn into cups, that
have been wet with cold
water. When ready to
serve turn into suitable
glasses, and decorate with
halves of walnuts.

You also can serve
chocolate sauce over it.

Chocolate Sauce.

Melt over hot water 4 squares unsweetened chocolate, cut in small pieces, add 4 tablespoons sweet milk $\frac{1}{2}$ cup sugar, 1 tablespoon butter, 1 egg well beaten pinch of salt. Stir constantly and cook very slowly, till it begins to thicken slightly. Serve hot or cold, but if served cold it thickens considerably as it cools. Add 1 teaspoon vanilla when taken from fire.

Devil Cake.

$\frac{1}{2}$ cup butter
1 " dark brown sugar.
1 " light " "
2 eggs.
3 cups flour.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{2}$ cup sour milk.
 $\frac{1}{2}$ " boiling water.
 $\frac{1}{3}$ teaspoon soda.
 $1\frac{1}{2}$ squares melted chocolate
or $\frac{1}{2}$ cup cocoa.
1 teaspoon vanilla.
Cream butter, add 1 cup
sugar, Cream mixture.
Beat eggs light, add
sugar, mix well. Add
egg mixture to creamed
butter and sugar mix
hard. Sift flour once
add salt sift 3 times

Add to first mixture alternately with sour milk, beat hard after each addition of flour & milk. Into boiling water stir soda and chocolate beat into cake mixture. Add vanilla. Bake in three layers in moderate oven. Spread icing between and on top.

Devil Cake. (No 2).

2 cups brown sugar,
 $\frac{1}{2}$ " cocoa,
 $\frac{1}{2}$ " shortening,
1 " sour milk

2 eggs,

$2\frac{1}{2}$ cups flour beat thoroughly
Add teaspoon soda dissolved
in $\frac{1}{2}$ cup hot water

Chocolate Cake

2 sq. chocolate or $\frac{1}{2}$ cup cocoa
 $\frac{1}{2}$ cup milk.

Yokes 2 eggs.

Cook until thick and cool.

2 tablespoons butter

1 cup sugar.

$\frac{1}{2}$ " milk.

1 teaspoon soda.

$\frac{1}{2}$ cups flour.

Mix together and bake.

Macarons.

2 eggs.

1 cup sugar.

1 " coconut.

2 " oatmeal.

1 tablespoon butter.

Flour.

Chocolate De Luxe.

Half cup unsweetened
chocolate melted with $\frac{1}{4}$
cup sugar, and 2 tablespoons
milk. To this add one
third cup butter creamed
with a cup of sugar.
2 eggs, one at a time,
 $\frac{1}{2}$ tps vanilla, $\frac{1}{4}$ cup milk
Lastly 1 cup flour with a
teaspoon baking powder
sifted in pour quickly in
two layers and bake.

Filling.

White of 1 egg, 2 tablespoons
of Cream, $\frac{1}{2}$ teaspoon vanilla
add icing sugar to make
a thick paste
Sprinkle with nuts.

Nut bread.

- 1 egg well beaten
 - 1 scant cup sugar.
 - $\frac{1}{2}$ cups milk
 - 1 " chopped walnuts
 - 1 teaspoon salt.
 - 4 cups sifted flour.
 - 1 teaspoon soda
 - 2 " Cream of Tartar
- Let raise 25 minutes
and bake.

Coffee Cake.

- 2 cups brown sugar
- 1 " butter
- 1 " molasses
- 1 " strong coffee
- 1 lb raisins
- 1 " currants, 4 eggs
- 1 teaspoon soda, 1 teaspoon
cinnamon, 2 teaspoon cloves
- 1 grated nutmeg

Walnut Cake

3 eggs (whites).

$1\frac{1}{2}$ cup sugar

$\frac{1}{2}$ " butter

1 " milk

2 " flour

1 teaspoon soda

" " Cream of tartar

Cream butter & sugar,

add beaten eggs, then

the milk sift flour

soda, Cream of tartar

twice and add to

above. Cook in fairly

hot oven about 25 or

30 minutes.

Cheap fruit Cake.

1 cup sugar.

1 " sour milk

$\frac{1}{2}$ " butter

1 " raisins

2 teasp on soda

$\frac{1}{4}$ " salt

1 " all kinds of spice

$\frac{3}{4}$ cups fl. w.

can butter and

sugar, add sour

milk, with soda

and salt dissolved

add flour and

bake.

Baked Onions.

4 onions

$\frac{1}{8}$ lb bacon

$\frac{1}{4}$ cup bread crumbs

$\frac{1}{2}$ teaspoon salt

1 tablespoon bacon fat

3 " hot water, pepper

Peel onions and boil slowly until tender, then drain, scoop small section out of top of each onion fill with the cooked chopped bacon sprinkle with salt pepper add bread crumbs Pour bacon fat and hot water around onions and bake until lightly browned about 40 minutes

Peas.

4 quarts green peas.

4 tablespoons butter

1 " flour.

1 teaspoon sugar.

2 " salt

$\frac{1}{4}$ chopped onion

$\frac{1}{2}$ teaspoon chopped parsley

$\frac{3}{4}$ cup boiling water

Shell peas, melt butter over moderate heat, add salt and sugar, then peas. Cook slowly until peas begin to wrinkle, shake pan frequently but do not stir. When cooked dredge with flour shake until butter & flour are blended. Then add onion, parsley, boiling water. Cook until peas are tender.

Squash Pettie

1 squash

1 egg

1 tablespoon cold water

$\frac{1}{2}$ cup cracker crumbs.

3 tablespoons butter

Salt to taste.

Small squash remove outside cut in inch square pieces, cook in salted water until tender, and drain Beat egg mix with cold water dredge squash in cracker crumbs. Sauté in butter, then in egg and again in cracker crumbs. Sauté in butter

Cucumber Vinaigrette

1 good sized cucumber

1 egg

2 tablespoon mild vinegar.

$\frac{1}{8}$ teaspoon salt.

Salt & pepper to taste

Pare cucumber cut in small pieces, cook in boiling water until tender drain.

To make dressing.

Beat egg, add vinegar sugar salt and pepper.

Boil until slightly thickened. Serve hot poured over cucumbers.

Cauliflower

Cucumbers in Cream Sauce

- 1 head cauliflower
- $1\frac{1}{2}$ tablespoon butter
- $1\frac{1}{2}$ cups milk
- $\frac{1}{4}$ " grated cheese
- $1\frac{1}{2}$ teaspoon flour
- Salt to taste

Soak cauliflower in salted water half hour, drain.

Cook in salted water until tender, drain and separate in small sections.

Cream Sauce.

Melt butter in top of double boiler, add flour when well blended add milk slowly. Salt to taste cook until thickens. Place cauliflower on dish, cover with sauce, cheese on top cook until cheese is brown.

Macaroni Salad.

1 pkge elbow macaroni.
Cook 10 minutes.

1 large head lettuce 1 onion
grated fine, $\frac{1}{2}$ cup celery
diced, 1 piment cut in thin
slices. $\frac{1}{2}$ cup shredded
cabbage. 1 teaspoon chopped
parsley. 1 teaspoon sugar
1 cup mayonnaise.

Mix ingredients with
Mayonnaise, let stand
one hour, add chilled
macaroni.

Serve on lettuce leaves with
more mayonnaise.

French Dressing.

6 tablespoons Wesson Oil, 2
tablespoons vinegar, $\frac{1}{3}$ teaspoon
salt, Pepper. Combine in order
given, beat well and serve.

Quick Mayonnaise

$\frac{1}{4}$ teaspoon salt.

$\frac{1}{2}$ " sugar.

$\frac{1}{2}$ " dry mustard

Pinch of pepper.

$\frac{1}{2}$ tablespoon water

$\frac{1}{2}$ " lemon juice or vinegar

Yolk of one egg.

Cup Wesson Oil

Mix dry ingredients, add water stir, well, until dissolved; Add vinegar then egg, Put in about half a tablespoon Wesson Oil beat vigorously until it begins to thicken add rest of oil in larger quantities beating after each addition until of desired thickness.

Carrot Sauce.

Select medium size carrots wash and scrape, cover with boiling water cook until tender. Drain and mash adding salt to taste and two tablespoons butter. Cook a teaspoonful flour in butter until brown then add carrots and blend well. When this is done add one and one half cup sweet milk and simmer ten minutes. Season with pepper and pour over broiled fish add more salt if needed.

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Cabbage Cheese & Lettuce.

Heap seasoned cabbage
cheese mixed with a few
teaspoons salad dressing
on lettuce. Sprinkle with
nuts chill & serve.

Tomato Minicmeat.

Chop 1 peck green tomatoes,
drain scald twice by
covering with boiling water
and letting stand until
cold, then put in preserving
kettle with 6 lbs sugar,
2 tablespoons salt, 2 lbs
chopped raisins, and 1
cup suet chopped fine. Cook
all together slowly until
tender. Let cool, add 1 cup
vinegar, juice of 1 or 2 lemons,
2 teaspoons each of cloves, allspice
& 1 of nutmeg.

Strawberry Shortcake.

1 teaspoon salt

2 cups flour.

2 teaspoons baking powder.

$\frac{1}{4}$ cup butter

$\frac{1}{3}$ " water

$\frac{1}{8}$ " Carnation milk

1 tablespoon sugar.

Sift flour, salt, sugar and baking powder together, cut in butter, add liquids gradually.

Press on floured board and cut. Bake in hot oven. Split and spread with butter. Sweeten part of berries to taste put between layers. Place large berries on top. Serve with Whipped Cream.

Grape-nut fruit pudding.
1 pkge lemon jello dissolved
in one pint boiling
water, 1 cup grape nuts
 $\frac{1}{2}$ lb raisins, or dates, or
many walnuts as desired.
Mix thoroughly pour in
molds to harden.

Serve with whipped Creams.

Grape-nut salad. ~~XX~~

1 cup grape nuts

1 sliced orange

$\frac{1}{2}$ cup pineapple

2 bananas

2 tablespoon lemon juice

Cream salad dressing

Cut up fruit add lemon juice
mix with grape nuts.

Serve with Cream salad
dressing.

Crushed Strawberry Jam.

For this jam crush each strawberry. Crush 2 qts of strawberries, 4 level cups berries into large kettle add 7 level cups sugar and mix well. Use hottest fire and stir constantly before and while boiling. Boil hard for 1 minute, remove from fire and stir in $\frac{1}{2}$ bottle (scant $\frac{1}{2}$ cup) Certo. From time jam is taken of stove allow to stand not over five minutes before pouring. In meantime skim and stir constantly. Pour quickly. If in open jars paraffin at once. In seal jars invert in hot water 10 minutes to sterilize. ^{also can use Raspberries}

Pineapple & Strawberry Jam.
Crush well about 1 qt
ripe berries. Put pineapple
through food chopper, or
chop very fine. Measure
2 level cups of each in
large kettle. Add 7 level
cups sugar and mix well.
Use hot fire and stir
constantly before and
while boiling. Boil hard
for 1 minute, remove
from fire and stir in
 $\frac{1}{2}$ bottle Cuts.
Skim and pour quickly.

Pineapple Sandwiches

Cook one cup shredded pineapple with $\frac{3}{4}$ cup sugar, and juice of one lemon, cook until thick. When cold spread on sponge drops and press together, sandwich fashion. Serve with an iced drink.

Plums or any fruit.

Wipe ripe plums. Place in stone jar, adding $\frac{1}{4}$ lb sugar to each lb plums.

Place jar in boiling water and cook until tender.

Remove stones put fruit through colander, return

to jar add 1 lb sugar to each lb fruit, continue to cook until thick. Put in

jar. Cut in slices to eat on bread.

Pineapple Omelet.

Add $\frac{1}{4}$ teaspoon salt to 4 eggs and beat until light. Add 3 tablespoons hot water. Melt 1 tbsp butter in frying pan and turn in mixture.

Cook slowly, shaking pan occasionally so that all the mixture is thoroughly cooked. When omelet is firm and browned on bottom spread with a layer of crushed or grated pineapple. Fold & serve immediately.

Pineapple Cream filling.
Heat 1 cup water, and
1 cup, grated or crushed
pineapple. Mix $\frac{2}{3}$ cup
sugar and 2 tbsp corn
starch. add hot mixture
and bring to boiling
point, stirring constantly.
Cook in double boiler 30 min.
pour into 2 egg yolks
and cook three minutes
longer, or until eggs
thicken the mixture. Add
1 tbsp butter and lemon
juice. Cook slightly
and put between layers
of plain cake.

Cocoanut pie.

Line a pie plate with
pastry and bake to a
light brown. Mix 3
tbsp corn starch and $\frac{1}{2}$
cup sugar. with $\frac{1}{2}$ cup
cold water. add the
well beaten yolks of
three eggs. Mix well
and add slowly 2
cups scalded milk. Cook
in double boiler until
it thickens add 1 cup
Cocoanut and pour into
baked crust. When cold
spread layer of raspberry
jam. cover with whipped
cream mixed with 2 tbsp
cocoanut. Sprinkle top
with cocoanut.

Coconut Meringue pie.

1 can bakers coconut, 1 pt.

milk 3 eggs, 1 cup sugar

1 tbsp melted butter $\frac{1}{4}$ tps

salt. Separate eggs and

beat yolks until light

gradually add sugar

and beat until light

and lemon color. Stir

in milk salt and $\frac{3}{4}$ can

coconut. Pour into

deep pie plate lined

with crust and bake.

Remove from oven and

while cooling beat whites

of eggs to a stiff froth

add 3 tablespoons

powdered sugar, sprinkle

coconut on top and

brown in quick oven.

Cocoanut Peach Parfait.
Wash 1 lb dried peaches
soak in cold water
until plump. Drain and
put into a stewpan
with $1\frac{1}{2}$ cup of water
and 1 cup sugar. Stew
until tender, put through
a fine strainer.

When cool fold in
lightly 1 cup sweetened
whipped cream. Fill tall
glasses $\frac{2}{3}$ full. Put a
cup whipped cream
into a bowl stir in
 $\frac{2}{3}$ cup cocoanut. Fill up
glasses, top each glass
with whipped cream
and cocoanut on top.

Cocoanut filling.

2 cup confectioners sugar
4 tablespoons heavy cream
 $\frac{1}{2}$ teaspoon vanilla

1 can southern style coconut

Put sugar in bowl, add cream a little at a time and beat steadily.

When icing is right consistency to spread cover layers with it and spread with coconut.

Cocoanut Jello.

Dissolve pkg. raspberry Jello in pint boiling water.

When cool & still liquid pour in sherbet glasses $\frac{2}{3}$ full.

Put canned pears on top,

whipped cream mixed with coconut. Decorate around edge with cream, cover with coconut.

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Put canned pears on top, whipped cream mixed with coconut. Decorate around edge with cream, cover with coconut.

Baked potatoes & cheese.

6 large baked potatoes

$\frac{1}{3}$ cup hot milk

2 teaspoons salt

$\frac{1}{4}$ lb. cheese (shredded)

$\frac{1}{8}$ teaspoon paprika.

Cut Potatoes in halves
lengthwise, scoop out the
centers. Mash thoroughly.

Put cheese through
grater add to hot milk
and beat with egg beater
until smooth. Mix with

potatoes add seasoning
whip until light and

creamy. Refill potato
shells, bake in hot oven
10 minutes.

Raisin Cake.

$\frac{1}{2}$ cup butter

$1\frac{1}{2}$ cup granulated sugar

2 eggs

$\frac{1}{4}$ teaspoon salt

3 teaspoons baking powder

$2\frac{1}{2}$ cups flour

$\frac{2}{3}$ cup milk

$\frac{1}{2}$ cup raisins

1 teaspoon vanilla

Plate Sarts with whipped cream

Beat four eggs lightly, add

cup granulated sugar &

beat thoroughly, stir in

6 tablespoons finely crushed

soft bread crumbs, mixed

with teaspoon baking powder

add half a lb dates, chopped

1 cup walnuts chopped fine. Bake

one hour, 300° F oven. Cut in

squares serve with whipped cream

Afternoon Canapes.

Cut bread in thin slices
then in tiny rounds, butter
place tender lettuce on each
thus making a tiny cup.
Sprinkle lightly with salt
and fill with a cucumber
cream made by mixing
chopped cucumber with
small quantity of
Mayonnaise.

Turnip Croquettes. ~~XX~~

Cook turnip, mash, drain of
all liquid. To each pint
add a mashed potato the
beaten yolk of an egg, half
teaspoon sugar, 2 tablespoons
butter salt & pepper to taste
and form in croquettes.
Dip in bread crumbs, then
in egg beaten with 2 tbsp

of cold water. then in
crumbs again and fry.
"Bread Crumb Dressing."

To 2 quarts bread crumbs
add, a generous half
cup butter, $1\frac{1}{2}$ teaspoons
salt, $\frac{1}{2}$ teaspoon pepper,
1 tbsp summer savory.
Put butter into crumbs
and add seasoning. X

"Coconut Cornflake Meringue"

1 can coconut
2 cups corn flakes

1 " sugar
Pinch of salt

Whites of 2 eggs beaten stiff
Mix all together thoroughly
Drop by spoonfuls on a
greased pan and bake
in moderate oven

325° F.

Java Cream.

1 can cocoanut

1 quart milk

2 heaping tablespoons

minute Tapioca

2 eggs

$\frac{1}{2}$ cup sugar

$\frac{1}{8}$ teaspoon salt

1 " vanilla

Warm milk. Stir in tapioca and cook together in double boiler for 15 min. stirring frequently. Beat yolks of eggs. add sugar. Beat until light. At end of 15-min. stir in milk & tapioca. Cook until it begins to thicken like custard. Remove from fire and stir in cocoanut. Beat egg white & vanilla. Serve cold.

Royal biscuits

2 cups flour

4 teaspoons baking pdr.

2 tablespoons shortening

$\frac{1}{2}$ teaspoon salt

$\frac{3}{4}$ cup milk or milk & water

Sift together flour, salt and baking powder. Add shortening and mix in thoroughly with fork.

Add liquid slowly to make soft dough. Roll or pat out with hands on board about 1 inch in thickness. Bake 10 or 12 minutes.

Charlotte of fish

Mix 1 cup of flaked cold
boiled whitefish, or any
kind available, with 1 cup
mashed potatoes. Add 2
chopped hard boiled eggs
1 tablespoon melted butter
 $\frac{1}{8}$ teaspoon pepper, 1 teaspoon
salt, enough sweet cream
to soften the whole, about
 $\frac{3}{4}$ of a cup. Put in buttered
dish. Cover well and set
in pan of boiling water
steam half an hour.

Serve with tomato sauce

Salt fish.

Soak half pound salt codfish several hours or over night. Cover with fresh cold water. Bring to a boil, drain, recover and simmer ten minutes. Drain flake & chop fine. Add a pint of mashed potatoes one beaten egg, 2 tablespoons melted butter $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ cup rich milk. Mix well spread on buttered shallow pan cook for 10 minutes. Beat yolk & white of an egg separately add few grains of salt to yolk mix together. Spread egg mixture over top and return to oven to brown. Serve with tomato sauce or drawn butter gravy.

Fish chowder.

Cut in tiny dices enough fat salt pork to make $\frac{2}{3}$ cupful, try out in bottom of chowder kettle until melted and crisp.

Place on top, $1\frac{1}{2}$ lbs fresh codfish, add layer of sliced onions, cover with $\frac{1}{2}$ diced raw potatoes. Dot with butter, $\frac{1}{4}$ teaspoon pepper, $1\frac{1}{2}$ teaspoon salt.

Split six crackers, dip in milk lay over chowder.

Add $2\frac{1}{2}$ cup each of water & milk, stew gently for half an hour. Turn over all 1 cupful hot heavy cream, and the chowder is ready to serve.

Fish Turbot.

To two cupfuls of any
cooked whitefish, flaked,
add a large onion
grated, 1 cupful cream,
a beaten egg, $\frac{1}{2}$ cupful
soft butter, $\frac{1}{4}$ teaspoon
pepper, 1 teaspoon salt,
1 teaspoon sugar. Mix
well together, turn in
buttered baking dish.
sprinkle with grated
cheese, bake 30 minutes
browning delicately on
top.

Raisin pie.

$\frac{3}{4}$ cup water

$\frac{1}{2}$ " sugar

4 apples.

1 cup raisins

$\frac{1}{2}$ " walnut meats

Grated rind of 1 lemon

1 tablespoon lemon juice

1 teaspoon butter.

Cut apples in eighths and cook with water and sugar until transparent then drain. Add raisins walnuts, lemon, butter.

Bake with strips of pastry across top.

Rice Omelet.

Beat yolks and whites of three eggs separate. To the yolks add 1 teaspoon flour, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, a little pepper, add, if on hand, 1 tablespoon minced ham or sausage and $\frac{1}{2}$ cup cooked rice. Mix well, add stiffly beaten egg whites, fold in, pour in hot frying pan in which 2 tablespoons of butter has been melted. Let brown lightly on bottom, put in moderate oven a moment to set, fold over, slip onto hot platter, garnish and serve. Serve with Tomato sauce.

Wate custards.

3 eggs.

2 cupfuls milk

3 tablespoons sugar.

$\frac{1}{2}$ cupful dates, stoned
and cut in pieces

$\frac{1}{4}$ teaspoon of salt.

Beat eggs lightly, scald
milk and mix all
ingredients together.

Turn into buttered
molds and set molds
in pan of hot water.

Bake until firm.

Pineapple Cream.

Dissolve a package of
Lemon Jello in a half
pint of boiling water
add $\frac{1}{2}$ pint of juice
from can of pineapple.
When cold and still
liquid form beat to
consistency of whipped
cream. Pour in molds
and set in cool place
to harden. Turn from
mold and garnish
with sliced pineapple
Whipped cream adds
to richness of the
dessert.

Meat pie.

Take all odds and ends of beef lamb mutton etc. Cut into small pieces.

Fry one onion, chopped fine in butter. add meat. stir up for two minutes season with pepper & salt. Cover with broth and let boil fifteen minutes. Add 3 tablespoons French prepared mustard, put hash in deep dish. Cover with mashed potatoes and bake in oven until brown.

Serve with whipped
Cream.
Prune Cream.

$\frac{1}{2}$ envelope Knox gelatine

$\frac{1}{4}$ cup cold water

$\frac{1}{4}$ cup scalded milk

$\frac{1}{2}$ " sugar.

Whites of two eggs.

$\frac{1}{3}$ cup milk

$\frac{1}{2}$ pint heavy cream

$\frac{1}{2}$ cup cooked prunes cut
in pieces, or any fruit desired

Soak gelatine in cold water

five minutes dissolve in

scalded milk add sugar.

Strain into a bowl, set in

pan containing ice water

stir constantly until mixture

begins to thicken. add whites

of eggs, beaten stiff, heavy

cream diluted with milk. & beaten

until stiff. Add prunes. Turn out

in mold, bottom & sides garnished
with fruit.

"Cream of wheat cookies"

$\frac{1}{2}$ cup butter

$\frac{1}{4}$ " sugar

2 eggs.

$1\frac{1}{2}$ cups flour.

$\frac{1}{4}$ " Cream of wheat.

$\frac{1}{4}$ teaspoon salt

1 " cinnamon.

$\frac{1}{2}$ cup nuts or raisins

3 teaspoonful baking powder.

Cream butter add sugar

gradually and egg

well beaten. Mix &

sift flour, baking

powder, Cream of Wheat

salt & cinnamon. then

add nuts or raisins &

combine mixture. Drop by

spoonfuls on buttered pan

about 1 inch apart and

bake in moderate oven.

Oyster stew.

Add one cupful water to the oysters, put on to simmer. When edges begin to curl remove from stove at once and drain. Strain broth, add four cups scalded milk hot but not boiling, 4 teaspoons salt, $\frac{1}{2}$ teaspoon pepper. Blend together 6 tablespoons butter, 3 tablespoons flour, add two tablespoons cold milk, and stir into heated milk mixture gradually. Add stirring constantly. add oysters.

Oyster Stew.

Pick oysters over, remove all bits of shell. Pour liquid over oysters and cook until edges curl.

Remove oysters & strain add all milk or cream.

To liquid bring to heating point. Thicken slightly with butter & flour paste and add seasoning. Add oysters & serve hot.

Cheese & potato croquettes.

To two and a half cups
riced potatoes add 1 egg
slightly beaten, $\frac{2}{3}$ cup of
grated cheese, $1\frac{1}{4}$ teaspoon
salt. Mix ingredients.

Thoroughly shape in balls.
Roll in beaten egg then
in cracker crumbs.

Fry in deep fat, until
brown serve at once.

Stuffed Tomatoes.

Cut tops off six tomatoes and scoop out pulp, leaving a tomato cup. There should be $1\frac{1}{2}$ cups pulp. Add $\frac{1}{2}$ cup bread crumbs $\frac{3}{4}$ cup grated cheese $1\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper. Fill cups with mixture. Put 2 teaspoons melted butter in baking dish, put in tomatoes and sprinkle grated cheese over top.

Bake about 25 minutes

Cinnamon Cake.

$\frac{1}{3}$ to $\frac{1}{2}$ cup butter

1 " sugar

2 eggs.

$\frac{1}{2}$ cup milk

$1\frac{1}{2}$ " flour or little more

2 teaspoons Baking Powder.

1 " cinnamon

3 drops vanilla

and pinch of salt for egg whites.

Cream butter (to cream)

add sugar gradually.

Add well beaten yolks
and blend with milk

or add milk & dry

ingredients alternately. Flour

added a little at a time

Fold in stiff egg whites.

Sift flour & dry ingredients

in 4 times. ^{Butter} Sprinkle with sugar & cinnamon

Lemon Pie.

1 cup sugar

2 large tablespoons corn starch

1 lemon.

2 eggs.

2 cups boiling water.

Add grated rind and juice of lemon & sugar. Beat the yolks of eggs, until light and add corn starch which has been dissolved in a little cold water. Mix this thoroughly with the lemon and sugar.

Put in double boiler, and add boiling water. Cook until it thickens, stirring all the time. Cool.

Cook pie crust & cool

add filling & cover with meringue. Return to oven & brown

Apple Layer Cake.
1 cupful Crisco
1/2 cupfuls sugar.
1 spoon salt.
milk

1/2 cup,
1/2 cup baking powder.
1/2 cup Crisco & sugar,
1/2 and eggs well
1/2 t flour & baking
1/2 add
1/2 t milk.
1/2 cake
1/2 to oven
1/2 read
1/2 w top.

with Meringue

shortening

baking powder

salt

1 lb

grated nutmeg

ough to make

gh $4\frac{1}{2}$ to 5 cups.

shortening add

gradually and

beaten eggs. Sift

ingredients and add

of mixture alternately

until so soft as

be handled.

Lemon Pie.

$1\frac{1}{4}$ cup sugar,
 $\frac{1}{2}$ cup flour,
 $\frac{2}{3}$ teaspoon salt
 $\frac{1}{2}$ cup boiling water,
grated rind of 1 lemon
3 egg yolks,
1 tablespoon butter,
 $4\frac{1}{2}$ tablespoons lemon juice.
Mix sugar, flour, salt,
add boiling water,
stirring constantly. Allow
to come to boiling point
directly over heat then
cook over boiling water
in double boiler 15 min.
Add butter, egg yolks,
lemon juice & rind, mix
thoroughly. Place in
baked pie crust, cover
with meringue 8 minutes.

Three-in-one vegetable
Shred small head of
cabbage, and cover with
cold water let stand
ten minutes to crisp. Heat
three tablespoons savory
fat in a kettle add
cabbage with the water
that clings to them, 3
small onions, chopped
and four or five tomatoes
piled & sliced. Cook
20 minutes over a quick
fire add fat seasoning
one teaspoon salt and
 $\frac{1}{4}$ teaspoon pepper.

Parsnip Puff.

6 parsnips
3 large potatoes
 $\frac{1}{4}$ cup cream
 $\frac{1}{2}$ teaspoon baking powder.
1 Tablespoon butter.
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ " pepper

$\frac{1}{4}$ cup grated cheese.

Par parsnips cut in thick slices and boil in salted water. At the end of $\frac{1}{2}$ hour add potatoes, pared & cut in quarters. When tender drain well mash beat thoroughly add cream in which baking powder has been dissolved, salt & pepper & butter. Have a little hot fat

ready in a frying
pan, turn the puff
in and brown it
like an omelet adding
cheese before turning
it over.

"Maiden salad"

Shred a tiny head of
cabbage, toss through
it $\frac{1}{2}$ cup crumbled cheese
& $\frac{1}{2}$ teaspoon salt, combine
with 1 cup of peas, or
asparagus. Pour over
it the following dressing
and sprinkle two
tablespoonfuls chopped
sives over all

Butter milk dressing

1 cupful fresh buttermilk
add 1 teaspoon salt
brown sugar & prepared
mustard, $\frac{1}{2}$ teaspoonful
of paprika and two
tablespoons of vinegar
Whip until light.

Ham salad.

Cut cold boiled ham
in pieces about the
size of a pea. Add to
this half the quantity
of cold diced potatoes
& as much chopped
celery as ham. Mix
with mayonnaise &
serve on lettuce. Garnish
with slices of hard
boiled egg.

Sponge Cake.

$1\frac{1}{2}$ cups granulated sugar
 $\frac{1}{2}$ cupful water
6 eggs

1 cupful pastry flour
1 small lemon.

$\frac{1}{4}$ teaspoon salt.

Boil sugar & water
until syrup threads
beat whites of eggs to a
stiff froth with the
salt, and pour hot
syrup gradually over
them, beat mixture
until almost cold
then set aside Beat
yolks of eggs until
thick and light and
add grated rind &
juice of lemon, combine

egg mixtures & fatty
oil flour which has
been sifted two or
three times before
measuring. Bake in
pan in slow oven
(300° F) for about one
and one quarter hours.

Codfish with Savory Sauce
Cut two pounds cod
into two inch cubes
remove all bones. Place
fish in pan containing
one cup cold milk
and enough cold water
to cover it. Set pan
on stove & bring
quickly to a boil
remove from fire let
fish stand in liquid
ten minutes. Place
on dry squares, remove
skin, rock in flour
sprinkle with pepper
and salt. and saute
quickly in fat until
brown. Roll in a
hot dish and let

stand in a warm oven while the sauce is made.

Cut a good sized onion fine. put in pan with two tablespoons butter & let cook. Add two teaspoons flour & half cup tomato sauce. Stir until smooth. pour around fish & serve hot.

Florentine Eggs

~~Drain & chop very~~
~~fine~~, 2 quarts spinach
Cook two quarts
spinach in a very
little water. Drain
& chop very fine.
Season with butter
salt & pepper. Keep
spinach hot while
poaching six eggs, &
preparing one cup of
medium thick white
sauce. Place spinach
on hot platter &
on it arrange the
poached eggs. Over
each egg pour a
spoonful of sauce
& serve at once.

Eggs poached in Cream.
In a chafing dish,
or any dish which
can be set in
another pan containing
hot water. place
one tablespoon butter
and $\frac{1}{2}$ cup thin cream.
Add half a teaspoon
salt and a little
pepper, & allow cream
to become very hot.
Into this drop six
fresh eggs. with a
spoon dip up cream
over eggs. & then
cover dish for two
or three minutes.
Have ready six
pieces of ^{buttered} toast &

and when eggs are
firm & still soft
cooked, place one on
each piece of toast
and over it pour
some of cream from
jar. Sprinkle with
finely cut parsley.

"Sauce for Croquettes"
Place in double boiler
one pint of milk or
half milk & cream.

To this add seasoning,
 $\frac{1}{2}$ teaspoon minced
onion, a few grains
pepper, 2 teaspoon salt
a little parsley & celery
salt. Sprinkle of green
or red pepper to blend
nicely.

Egg Croquettes //

Boil cook four
eggs, slice them &
add one cupful
of sauce or tomato
sauce. Add half teaspoon
parsley, & green pepper.
Cool shape & fry in
usual way.

Codfish Fritters.

Flake fish without
soaking it remove all
hard or scaly pieces.

Measure 1 large cupful
of fish and add to
it two cup of raw
potatoes pared & cut
into small pieces.

Place fish & potatoes
in saucepan of
cold water & cook
until potatoes are
very tender then drain
and mash them with
the fish until
smooth. Add a
teaspoon butter a
dash of pepper. &
one well beaten

egg. Now drop by
spoonfuls into boiling
hot fat & cook to a
golden brown. Drain
on paper & serve
with wreath of
curly parsley with
Chili sauce.

"St. Francis Dressing"
1 hard cooked egg
Celery.

green pepper.

$\frac{1}{2}$ cup Chili sauce.

$\frac{3}{4}$ cup mayonnaise dressing
1 teaspoon vinegar.

Salt pepper & Cayenne.

Chop egg, add equal
amount chopped celery

& green pepper. Add
other ingredients. Serve
on lettuce.

"Doughnuts"

1 cupful sugar
5 tablespoon shortening
3 eggs
4 teaspoon baking powder.
1½ teaspoon salt
1 cupful milk.
1 teaspoon nutmeg
flour & make soft dough
from 4½ & five cups
flour sifted before
measuring. Cream
Crisco, add sugar
gradually, & eggs well
beaten. Sift dry
ingredients & add
alternately & egg
mixture. Roll as
soft as can be handled

Brownies

2 eggs
1 cup sugar
 $\frac{1}{2}$ " cocoa
 $\frac{1}{4}$ teaspoon soda
 $\frac{1}{2}$ " Cream of Tartar
1 cup flour
salt
vanilla
 $\frac{1}{2}$ cup chopped walnuts
Bake in moderate oven.

Molasses Cookies

2 cups molasses
 $\frac{1}{2}$ " shortening
2 tps ginger, & together
Bail

Let cool then add flour
with two teaspoons soda
& a little salt, knead like
bread, ready to roll out

let stand two or three
hours & bake.

Lemon Pie.

Juice of one lemon, yolks
of two eggs, 1 cup sugar
tablespoon corn starch
dissolved in cold water
1 cup boiling water, small
piece butter, mix all
together & cook. Use
whites for meringue.

Picalilli.

One peck green tomatoes
sliced & put in layers
in a large pan.
Sprinkle each layer
with salt. let stand
over night. Chop

coarsely & drain in
colander. Chop & put
through meat grinder
eight good sized
onions, four green
peppers with out
seeds. Put all in
preserving kettle
with on quart
vinegar, one tablespoon
allspice, one half
tablespoon cloves,
one tablespoon
cinnamon, two cups
sugar, one tablespoon
salt, or enough to
taste. Cook three or
four hours. Seal in
jars while hot. If too
dry while cooking add
more hot vinegar.

Grape Jelly.

Wash grapes & free them from stems. Put in a kettle & mash until all are broken. Heat slowly & cook until juice is well drawn out. Put a piece of cheese cloth over a colander, & set colander over a bowl. Turn in grapes & let it drip without any pressure. Measure juice & allow equal amount of sugar. If wild grapes are used use a little more than the equal amount of sugar. Boil the juice 15

minutes. Skim & strain
again, then add the
sugar, & boil until
the surface looks
wrinkled & the
liquid jellies on the
side of dish. Skim
well & turn into
glasses.

Apple Jelly.

Twelve pecking apples.
Wipe and cut in
quarters, put them into
two quarts of cold water,
and let them stand
over night. In the
morning stew them until
half the liquid is boiled
away. Then add the
juice of two lemons &
the yellow rind of one

Boil ten minutes
longer & turn into a
strainer cloth to drip.
Measure the juice &
put an equal amount
of sugar on plates &
set it in the oven.
When the juice has
boiled until it begins
to jelly round the
edge of the pan, add
sugar, stir until
melted, remove the
scum & strain into
the glasses.

Crab apple Jelly
Wash the apples,
remove the blossom end
& cut in small pieces,
but do not pare or

water

core, leave with cold
and cook gently until
soft. Keep them
covered and turn the
kettle often but do
not stir or mash the
apples. When the
apples are very soft
and the liquid is red
turn them into a
strainer cloth & hang
it up to drip all night.
In the morning boil
the liquid ten minutes
& strain again, through
a very fine cloth &
measure it. Allow half
a pound of sugar to
a pint of juice. Boil
the juice alone until
it begins to thicken

on the edge of the
pan. then I add the
sugar and cook five
minutes longer, or
until it jellies, then
skim & turn into
glasses.

Preserved Peaches.

After paring, take the
weight of the peaches
in sugar, and put
them together in a
covered bowl & let
them remain over
night. In the morning
put them on to boil
simmer until tender
& transparent. Then skim
& seal as usual.

Preserved Peaches.

Skin and cut peaches
in halves. Allow
pound for pound of
sugar. Make syrup
of sugar & as little
water as possible.
Boil the peaches until
they are tender &
transparent. Then take
out & put in jars, &
boil the syrup down
until thick & clear.
Strain & pour it over
fruit & seal at once.

Royal Tropical Aroma Cake

Cream $\frac{1}{2}$ cup butter or other shortening, add ~~1~~ $\frac{1}{2}$ cups sugar & 2 beaten eggs mix well. Sift $2\frac{1}{2}$ cups flour with 4 teaspoons Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, 1 teaspoon each nutmeg & cinnamon. Add alternately with 1 cup milk.

Put $\frac{2}{3}$ of batter on 2 greased layer tins. To remaining third add 1 tablespoon cocoa mixed with 1 tablespoon boiling water & use for middle layer filling & icing.

Cream 3 tablespoons
butter, add 3 cups
confectioners sugar
& 5¹/₂ tablespoons cocoa
beating until fluffy.
Add 1¹/₂ teaspoon
vanilla extract &
3 tablespoons cold
strong coffee.

Donuts

Break two eggs in
bowl, add 1 cup
sugar, one table
spoon of shortening
pinch of salt &
nutmeg, 1 cup milk
one teaspoon soda
& two 1/2 cups of
Lard or 4 teaspoon
of B. Powder. Flour
to roll into

Salmon Puff

1 can salmon
2 cups hot milk
1 cup crumbs
1 teaspoon salt
1 egg beater
1/2 teaspoon pepper
+ Camberie or oodii
given & bake half
an hour in
moderate oven.

Cherry Conserve

3 cups sour cherries, 3 cups
currant juice, $\frac{3}{4}$ lb raisins
juice of 1 orange & most of
peeling cut fine. Cook
20 minutes add 6 cups
sugar & cook until it
jellies. Take off fire &

add $\frac{3}{4}$ cup walnut meats
cut fine.

Waffle Cakes

1 cup sugar
 $\frac{1}{2}$ lb butter
 $\frac{1}{4}$ cup milk
 $2\frac{1}{2}$ flour
Whites of 5 large eggs
added last
3 teaspoons B. Powder
1 square chocolate

Brownies

1 cup sugar.
2 square chocolate ∇
enough butter to fill
cup
2 eggs, 1 cup flour.
1 teaspoon Vanilla, walnuts

Doughnuts

2 eggs

$\frac{2}{3}$ cup sugar

$\frac{3}{4}$ " milk

1 level tablespoon butter

$\frac{1}{2}$ teaspoon nutmeg

$\frac{1}{4}$ " ginger

$\frac{1}{2}$ " salt

$\frac{1}{2}$ " B. Powder

Flour for soft dough.
Cream butter & sugar.
beat egg yolks into
milk & add to sugar
mixture. then add
sifted dry ingredients
Last, egg whites beaten
stiff.

Bread & butter pickles
12 cucumbers (6 inch).
2 cups sliced onions
 $\frac{1}{2}$ cup salt
1 teaspoon ginger
1 " pepper
1 " celery seed
 $\frac{1}{2}$ " cinnamon
2 teaspoons mustard seed
1 " turmeric
1 tablespoon Corn Starch
 $\frac{1}{2}$ cup cold water
1 " sugar
2 " vinegar

Wipe cukes with damp cloth. Cut in $\frac{1}{2}$ in. slices crossways. Add onion & salt. Let stand 2 hours. Rinse well in cold water. Drain. Blend cornstarch & water. Add rest of

Ingredients and boil
gently three minutes.
Stir constantly. Pour
into sterilized jars &
seal.

Baked Round Steak.

$1\frac{1}{2}$ lbs. med. thick rd. steak
1 carrot

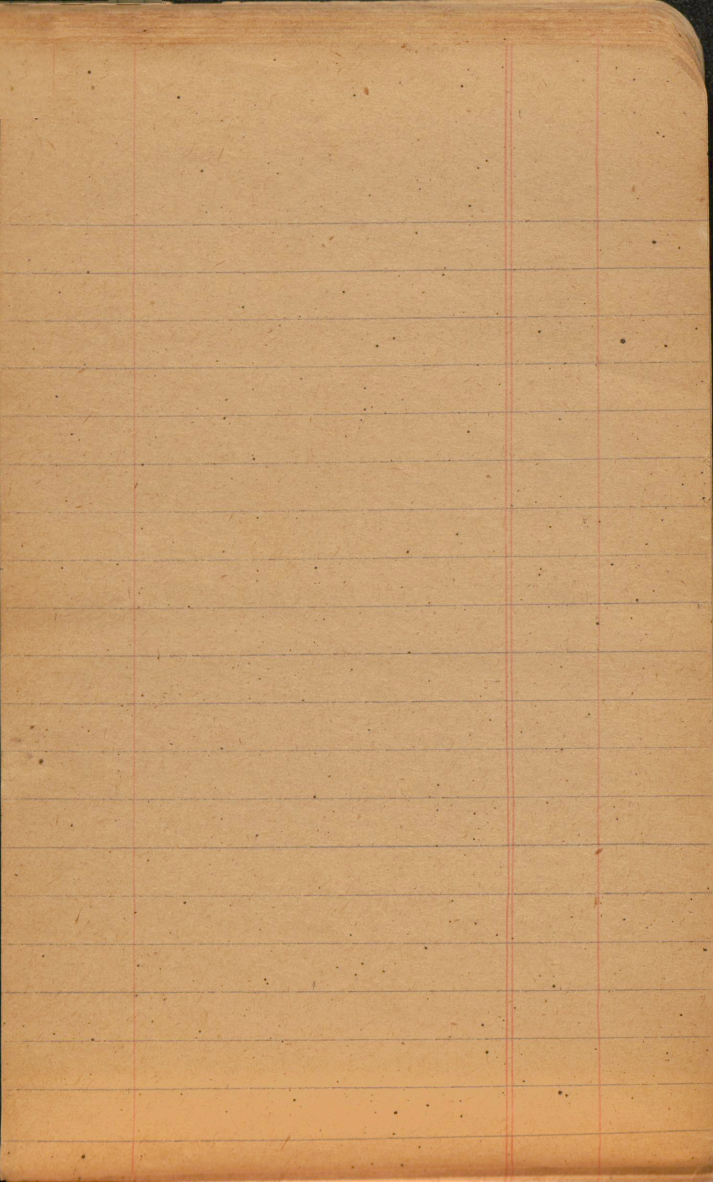
Strips of pepper

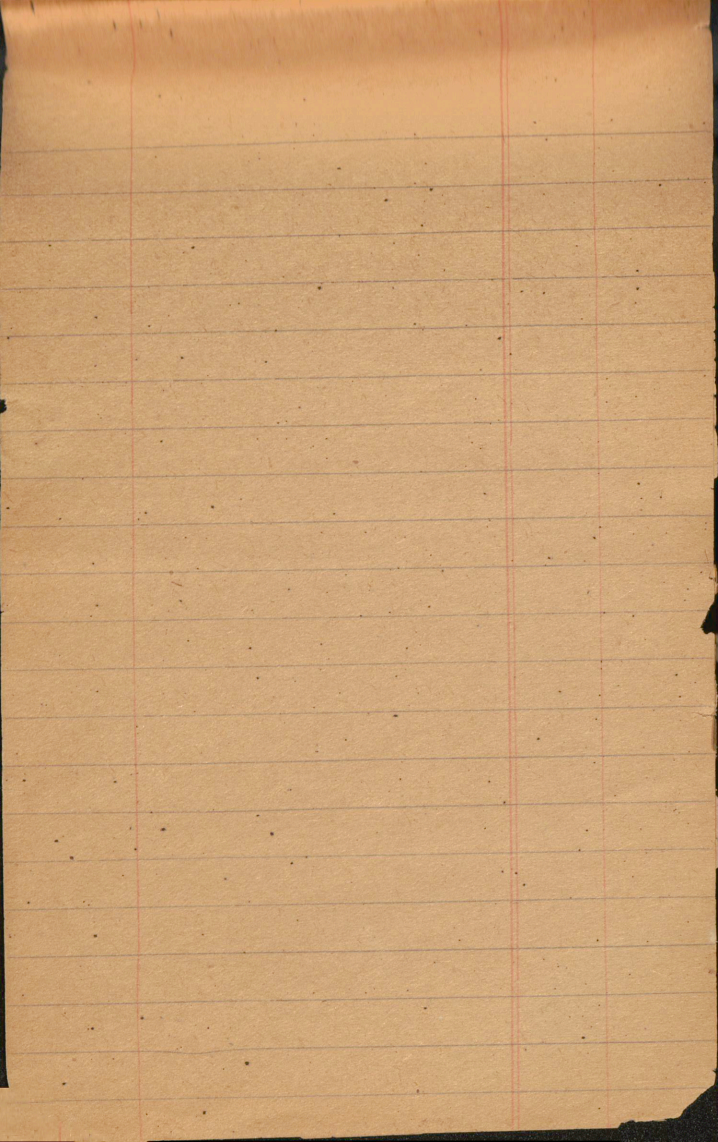
1 small onion

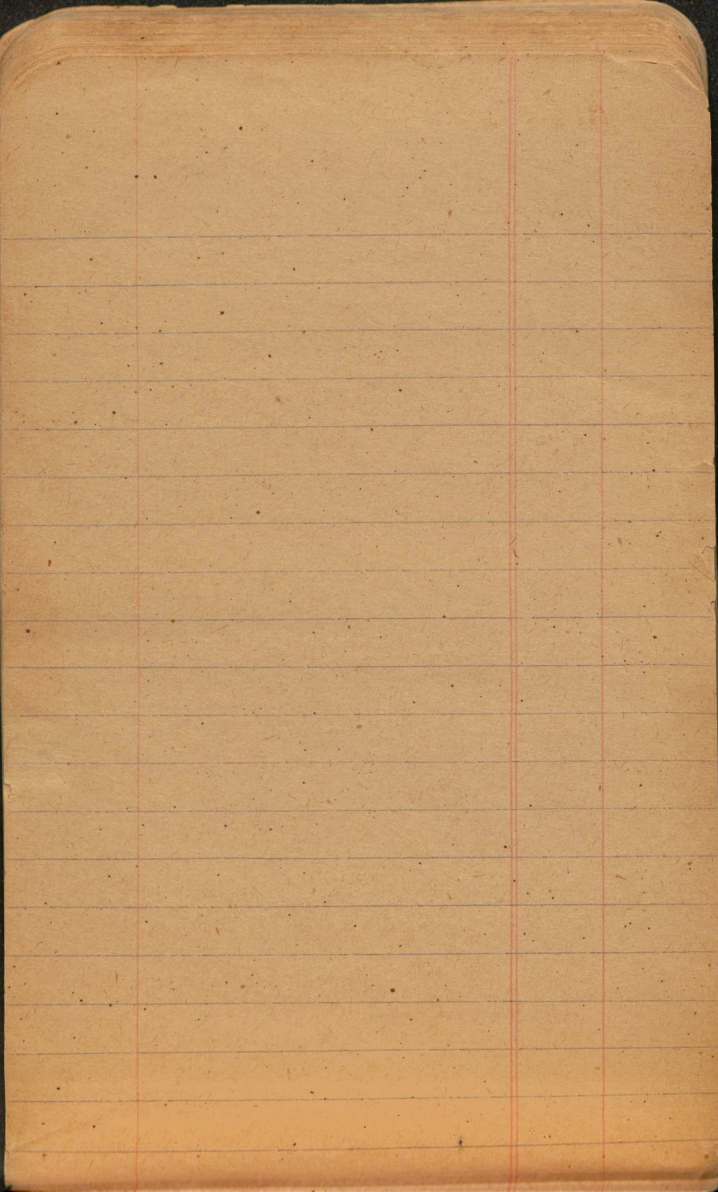
Pound flour pepper &
salt into steak, cut
into pieces for serving.

Brown in hot fat &
place steak with
drippings in heavy
iron or aluminum pan
with tight fitting lid.
Place vegetables on
top of meat & cook

slowly in oven for an
hour or less.









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